

Workout #5670 - Tuesday, 09 February 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	5:15 AM	1 x 400 on 6:00 Free	EN1	S	FR	0:45
600	5:22 AM	3 x 200 on 3:00 last 50 fly Desc 1-4	EN1	S	FR	0:45
	5:32 AM	1 on 1:00				
1,400	5:33 AM	4x{3 x 50 on :50 Mid Pool	EN2	S	IM	0:50
		{1 x 200 on 2:30 4 uw kicks Accelerate!	EN2	S	FR	0:38
		50--fly/back 50back/breast 50 breast Free				
	5:54 AM	1 on 1:00				
1,000	5:55 AM	4x{1 x 25 on :30 Fly Sprint Dive	SP3	S	FLY	1:00
		{1 x 50 on :50 SPRINT Back/Breast	SP2	S	IM	0:50
		{1 x 75 on 1:30 SPRINT 25 BReast 50FREE NB fin	SP2	S	IM	1:00
		{1 x 100 on 2:00 Free	REC	S	FR	1:00
	6:16 AM	1 on 1:00				
600	6:17 AM	12x{1 x 15 on :30 Mid Pool Sprint Turn	EN1	K	BK	1:40
		{1 x 15 on :30 UW SPRINT	EN2	K	BK	1:40
		{1 x 20 on :30 back Kick EZ	EN1	K	BK	1:15
	6:35 AM	4,000 Yards - Stress Value = 100				